

How the “Wellness Triangle” can reduce anxiety on a daily basis and prevent it from coming back.



Wellness Triangle

This powerful 3-point combination is effective for stress, anxiety, PTSD, depression and overall well-being.

- HT 7** *Calms the spirit, pacifies the heart, alleviates palpitations and cardiac pain. This point is most especially beneficial for insomnia, and excess emotional upset such as anxiety and worry.*
- LU 9** *Regulates the lungs, promotes proper breathing and lung function, clears phlegm and stops cough. Grief and sadness are the emotions of the lungs, so this point is excellent for depression and heaviness of the heart.*
- PC 6** *Calms the heart and spirit, opens the chest and relieves chest oppression and angina. Suppresses rebellious qi in the stomach and chest -- effective for nausea, vomiting and digestive upset.*

WCQJ.com

When combined, these three acupoints have a strong calming effect to reduce anxiety and increase sense of well-being.

Our WCQJ Copper Qi-Magnet Bracelet is specifically designed to stimulate these three acupoints simultaneously using our powerful acupuncture Qi-Magnets.

Acupuncture is believed to help with stress relief through various mechanisms. Here are a few ways in which acupuncture may potentially contribute to stress reduction:

1. Regulation of the nervous system: Acupuncture is thought to influence the autonomic nervous system, which plays a role in the body's stress response. By stimulating specific acupuncture points, it may help regulate the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) branches of the nervous system, promoting a state of relaxation and reducing stress.

2. Endorphin release: Acupuncture is believed to stimulate the release of endorphins, which are natural pain-relieving and mood-enhancing chemicals in the body. These endorphins can induce a sense of relaxation, reduce pain perception, and improve mood, potentially alleviating stress.

3. Hormonal balance: Acupuncture may help regulate the production and release of various hormones, including cortisol (the stress hormone) and serotonin (a neurotransmitter associated with mood regulation). By promoting hormonal balance, acupuncture may help reduce stress levels and improve overall well-being.

4. Improved sleep quality: Stress can often disrupt sleep patterns, leading to further stress and fatigue. Acupuncture has been suggested to help improve sleep quality by promoting relaxation, reducing anxiety, and addressing underlying imbalances that may contribute to sleep disturbances.

The "wellness triangle" in acupuncture refers to a specific set of acupuncture points that are believed to have a calming and relaxing effect on the body and mind. These points are often used to help reduce stress and anxiety and promote a sense of tranquility. The wellness triangle consists of three acupuncture points:

1. Heart or Shenmen (HT7): Located on the wrist crease, on the radial side of the flexor carpi ulnaris tendon. It is believed to calm the mind and promote relaxation.

2. Pericardium or Neiguan (PC6): Found on the inner forearm, approximately two finger-widths above the wrist crease, between the tendons. It is commonly used to alleviate anxiety and nausea.

3. Lung or Taiyuan (LU9): Located on the Lung meridian. In traditional Chinese medicine and acupuncture, the lung meridian is believed to be associated with the respiratory system, immune function, and the regulation of Qi (energy) in the body.

LU9 is specifically located on the wrist, in the depression on the radial side of the radial artery. It is commonly used in acupuncture treatments for various respiratory conditions such as cough, asthma, and bronchitis. It is also believed to have a calming effect on the mind and can be used to address emotional imbalances such as anxiety and grief.

Acupuncturists may stimulate these points using thin needles, acupressure, or other techniques to help induce a state of calmness and relaxation.

With the help of our powerful acupuncture Qi-Magnets, our WCQJ Copper Qi-Magnet Bracelet is handmade to be wide enough to stimulate these three acupoints at once. These three powerful points, when combined, will calm your central nervous system during times of stress, help you relax, and guide you to find strength from within to overcome hardships.

If you are targeting acupoints at home using your fingers, follow these recommendations:

1. Avoid pressing too hard. You can apply firm pressure, but don't press hard enough to cause discomfort.
2. Avoid applying pressure to an acupoint if you have pain in the area. The manipulation may further harm your skin.
3. It is recommended that you press and hold each acupoint for 30 seconds to 3 minutes.